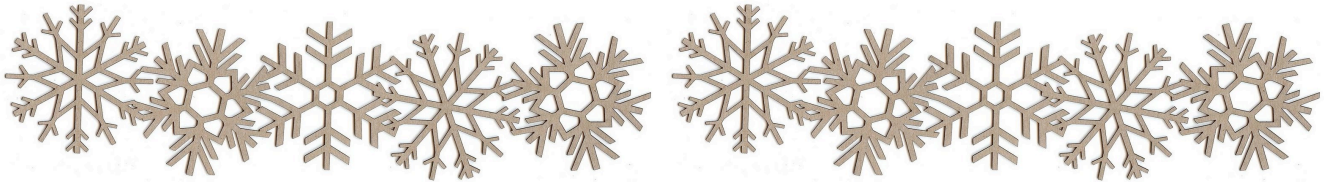




# SCARBORO COMMUNITY PRESCHOOL NEWSLETTER

November 2011



## Chair's Report

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Thank you to everyone who attended the Scarboro Preschool AGM in September, and to the first parent committee meeting in October. It is great to see all the people who take an interest in the preschool and help make decisions that will influence the program and the direction in which we move. I am happy to see such support and dedication to the preschool. We could not be as successful without our volunteers. Now that the first two months of preschool are complete, and we have all settled into our routines, I wanted to remind parents of a few things. Please make sure to arrive 15 minutes prior to class start time on your "Lucky Duck" day. Please be sure to double check the schedule and it is your responsibility to find a replacement as soon as possible should you not be able to make your date. Your cooperation is greatly appreciated. The next parent board meeting will be in January. A reminder email will be sent out. If you have any questions or concerns, please do not hesitate to contact me at your convenience.

James Durant – [jamesdurant@hotmail.com](mailto:jamesdurant@hotmail.com)



## REMINDER

We encourage you to write or submit material for each monthly issue of the newsletter. Please email any submissions to Jodi at [scarboropreschool@gmail.com](mailto:scarboropreschool@gmail.com). The submission deadline for the December newsletter is November 22, 2011. All entries are welcome!

# Teachers' Report

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We continue to be excited about the great year we are having in our Preschool. A big thank you to the special events committee for their assistance in planning and organizing our wonderful annual class Halloween parties. Thank you to all parents and volunteers for coming, helping out and supporting us during this very exciting time of year.

We are continuing to enjoy watching the All About Me posters coming in. They will be displayed until every child has had a chance to share his/her poster with the class. The 3's classes will continue to focus on the theme All About Me as we move into November. We will be starting on an All About Me booklet which we will work on through the year and then will be sent home at the end of the year.

The 4's classes will be starting on their new theme Space which is one of Miss Gail's favourite themes in the year. All classes will be talking about Remembrance Day and doing some crafts focused on that day. We will then move into our Winter/Christmas Season themes, starting off with the children writing letters to Santa with grade 5 or 6 buddies from upstairs. Teachers will be sending information home with details about this and other special events coming up in December.

Throughout our theme learning, we continue to work on listening, sharing, participating appropriately, being engaged at circle time, and following our daily preschool routines. These are ongoing skills that we work on throughout the year and we are getting better at them every day.

Thanks to all of the Lucky Ducks for their daily help in the classroom. We really count on you and look forward to seeing you each day.

-Miss Wanda & Miss Gail

## IMPORTANT NOVEMBER DATES

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- 6th- Daylight Savings Time Ends
- 11th - NO SCHOOL- Remembrance Day
- 14th- NO SCHOOL- CBE Closure Day
- 22nd- Newsletter Submission Deadline

## CONTACT INFORMATION

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Preschool Phone Number: (403) 228-3446

Website: [www.scarboropreschool.com](http://www.scarboropreschool.com)

Email: [scarboropreschool@gmail.com](mailto:scarboropreschool@gmail.com)

## PRINCIPAL'S REPORT - BY MR. CONNELLY, PRINCIPAL SUNALTA ELEMENTARY

The provincial government's recent infusion of funding into education has translated into some very positive news for schools. As a result of this funding, Sunalta School has hired an additional 1.5 teaching positions and also increased the hours of our English Language Learner (ELL) Assistant. Beginning this month we have hired a .5 teacher, Ms. Pam Lougheed, to support early literacy intervention at grades 1, 2, and 3. In January, we will be hiring a full-time teacher to support later literacy and numeracy intervention at grades 4, 5, and 6. Ms. Lougheed brings with her a strong literacy background, as both an early and late literacy intervention teacher. As well, she was also one of the founding members of Calgary Reads. We are thrilled to have Ms. Lougheed join our school community! In previous years, we have only employed a part-time ELL Assistant. Beginning this month, Ms. Mujagic, our ELL Assistant, will be working full time to further support our growing English Language Learner population.



## HEALTH CORNER - BY WASAMA HASAN

### YOUR PANCREAS IS PRECIOUS

Nature has blessed humans with amazing elements to ensure their survival. Our bodies undergo unique physiological processes throughout life and any imbalance of these may affect the quality of life.

Most of the time, this imbalance is a result of our lifestyle, i.e. diet and exercise. The diseases of the modern world including obesity, diabetes, hypertension, stroke, heart disease, cancers, and Alzheimer's are closely related to what we have been exposing our bodies to in terms of eating habits and physical activity.

We know that diabetes is the mother of many other diseases. It is a disorder in which the pancreas, an organ located in the abdomen and part of the digestive system, stops making enough insulin in the body. As a result, the patient becomes dependent on outside sources of insulin.

Whatever we eat or drink is converted to glucose, its simplest form, to provide energy and thus carry out the various processes of life. As soon as the glucose appears in the blood, the pancreas comes into action by releasing sufficient

amounts of insulin to carry glucose molecules into the cells.

The pancreas releases insulin in accordance with the amount of glucose present in the blood. The higher the glucose levels, the more work to be done by the pancreas to generate insulin. This means the more you eat, the harder your pancreas has to work. Overworking the pancreas can lead it to function ineffectively, thus causing inadequate insulin production. The consequence is diabetes.

Another relevant fact in this regard is that of the glycemic index (GI). GI of a food is defined as the area under the two hour blood glucose response curve following the ingestion of a fixed portion of carbohydrate (usually 50 g). It measures how much your blood glucose increases after eating. Carbohydrates that break down quickly during digestion and release glucose rapidly into the bloodstream have a high GI whereas carbohydrates that break down more slowly, releasing glucose more gradually into the bloodstream have a low GI. This means that the lower the GI of the food, the less is the burden on the pancreas for insulin production.

Remember your pancreas has a limited capacity for making insulin.

Make wise choices to improve your quality of life. Watch your diet and keep burning your calories!

### HIGH GI FOODS

- White bread and other bakery items made from refined/ white flour
  - Potatoes (especially mashed)
  - chips / corn chips
  - waffles
  - cornflakes
  - dates
  - cantaloupe
  - honeydew melon
  - raisins
  - watermelon
- \*Fruit juice

### INTERMEDIATE & LOW GI FOODS

- milk
- yogurt
- whole wheat and whole grain products
- lentils
- fruits and vegetables with few exceptions.

\* fruit juice has most of the fibre removed, and since fibre slows down digestion and therefore glycemic response, it should be drunk in moderation.